



The PARK Podcast CONVERSATION STARTERS

Let's Talk About Wellness



<https://bit.ly/TheParkS3E1>

Join SNF Paideia as we interview Wellness at Penn for The PARK Podcast series on Communities of Practice. You're invited to listen interactively to this 24-minute conversation in a group or on your own. You can use the question prompts below, pausing the interview at the designated time, to "converse" with the content, either with others or in a journal. We hope you will learn about the Penn community's commitment to wellness while thinking about your own personal wellness practices and places of belonging.

1. From minute 2:45-4:35, Dr. Benoit Dube asks the Penn Community to "Join us as we embark on a wellness revolution, infusing wellness wherever and whenever we can on our campus." In this segment he outlines some key dimensions of Wellness at Penn's vision. What stands out to you about this vision? What words or ideas are significant? How do these ideas fit with your journey at Penn?
2. Stop the recording at 5:45, after Ms. Ashlee Halbritter has described the prevention and promotion goals of Campus Health. As she was describing the state of flow when students feel supported along all 8 dimensions of wellness, how did that square with your experience? As a reminder the 8 dimensions of wellness can be found at: www.wellnessatpenn.com. Have you ever experienced a state of "flow"? What did that feel like and how did that influence your wellness?
3. Around minute 10:20 Dr. Batsi Bvunzawabaya says "Community to us is about building a community of care where everyone is looking out for one another." Have you experienced a community of care at Penn? How do you see yourself as part of that community of care? What role do you play or could you play to help create small or large communities of care through the circles you reach at Penn?
4. Once the interview has ended take a moment to answer the final question for yourself. What are some of the things that have been challenging this year and what have been some of the things that have brought you joy, hope and encouragement?

Complete a brief post-conversation survey and be entered into a raffle to win SNF Paideia swag!

<https://bit.ly/CommunitiesofPracticeSurvey>